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A NOTE FROM THE EDITOR

Welcome to the August/September Edition.

The month of August is the holiday month: the weather is warm and usually dry, but the nights are lengthening a little, making the mornings fresh and the evenings cool and welcoming and perfect to dine alfresco with family and friends.

Here in England, September is the beginning of the academic year, with children starting or returning to school near the beginning of the month and students entering university towards the end.

In gardens across the country, those with green fingers are harvesting fruit and vegetables, taking cuttings and saving seeds. Lawns are greening up with the beginning of the autumn rains, and regular mowing is recommencing after the end of the heat of August.

After children return to school, many of us are enjoying the weather and start getting out and about again, visiting parks, countryside, stately homes and gardens, enjoying long walks, leisurely lunches and delicious afternoon teas. We return home as the evenings draw in, the fireside lovingly beckons, and autumn television favourites delight us once again.

If you would like to promote a business locally - we would love to help by bringing a wealth of knowledge and experience in connecting businesses with local communities, creating eye-catching adverts and making sure each door gets a copy of their directory full of local talent. Give us a call or email for a friendly chat. We are a small local business too, we only thrive if your business thrives, so we do our best to make sure you are seen and recognised by local residents who receive, read, retain and reference Stonesthrow Directories.

We have one more bank holiday left before the Summer ends: Monday 25th of August.

Please remember to mention Stonesthrow Directories when calling our Advertisers, so we can build on the portfolio of ultra local trades and services, news, events and clubs in one handy guide delivered straight to everyone's door.

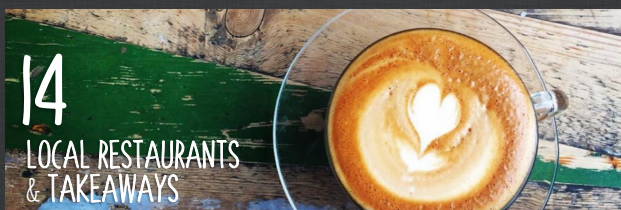
However you decide to spend next couple of months - keep your heart and your business local.

Yours, Stonesthrow Publications.

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Stonesthrow
Publications

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THIS MAGAZINE IS FULLY RECYCLABLE. PLEASE KEEP UNTIL THE NEXT COPY ARRIVES IN 2 MONTHS TIME



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LASTING POWERS OF ATTORNEY (LPAs)

WHAT HAPPENS WHEN I CAN'T MAKE DECISIONS FOR MYSELF?

Many of us would like to plan for a time when we need help making decisions and looking after our affairs. A stroke, dementia, Alzheimer's, heart attack, or a severe accident can leave us dependent upon others to help make crucial choices in our lives. Or we may need to give someone decision-making power for us if, say, we're going to be in hospital or abroad for a time and can't easily carry out decisions for ourselves. To plan for the future you can create an LPA.

An LPA is a simple way for you to choose someone you trust to make decisions for you. LPAs can be a lot less expensive than other ways for people to make decisions on your behalf and can make things much easier for other people in your life than the alternatives.

WHAT WOULD HAPPEN IF I DON'T CREATE A LASTING POWER OF ATTORNEY (LPA)?

- You will no longer be able to decide who makes decisions for you and looks after your affairs (you can only make your LPA while you still have mental capacity).
- People you don't know will end up making crucial decisions for you instead – such as where you live, whether to accept medical treatment to keep you alive, what you eat and wear, and about your property and your finances.
- Your spouse, children or friends will have to go to court to make decisions on your behalf – which will be a lot more expensive and time-consuming than making an LPA now.

If you still have mental capacity, LPAs are a simple and legally robust way of giving someone you trust the power to make decisions for you – temporarily or for a longer time.

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*These very special rates are only available if you are over 60 years old. Minimum spend for a free home visit is £95.

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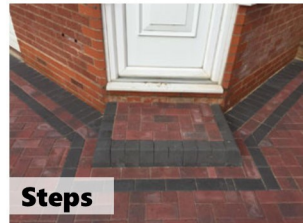
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Bella Venezia Ristorante & Pizzeria *Italian*

1628 High St, Knowle B93 OJU
01564 779806

Daawat *Indian*

St Johns Cl, Knowle B93 OJU
01564 779802

Costa Coffee *Café*

1648 High Street, Knowle B93 ONA
01564 771245

Knowle Indian Brasserie *Indian*

1690 High St, Knowle B93 OLY
01564 776453

Eros *Italian/Greek*

1608 High St, Knowle, Solihull B93 OJU
01564 777751

The Red Lion *Gastropub*

1672 High St, Knowle B93 OLY
01564 771522

Toby Carvery *British*

1635 Warwick Road, Knowle B93 9AH
01564 772559

Knowle Fish Bar *Fish & Chips*

Station Rd, Solihull B93 OHL
01564 772739

Oktogon *Bar*

16 Station Road, Knowle B93 OHT
01564 739646

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Hogarth's Hotel & Restaurant *British*

Four Ashes Rd, Solihull B93 8QE
01564 779988

Apple Pink *Café*

2 Station Rd, Knowle B93 OHT

Ale Rooms *Bar*

1592 High Street, Knowle B93 OLF
01564 400040

Prohibition Era *Bar*

1673 High Street, Knowle B93 OLL
01564 773626

Cheal's *British Restaurant & Bar*

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01564 393333

The Kings Arms *Gastropub*

2110 Warwick Rd, Knowle B93 OEE
01564 771177

The Black Boy *Gastropub*

Warwick Rd, Knowle B93 OEB
01564 772655

Freedra's Deli *Café*

1636A High St, Knowle B93 ONA
01564 779240

Dorridge Fish Bar *Fish & Chips*

15 Station Approach, Dorridge B93 8JA
01564 775954

The Forest Hotel *British*

25 Station Approach, Dorridge B93 8JA
01564 772120

Minh's Cantonese Restaurant *Cantonese*

8 Station Rd, Dorridge B93 8HH
01564 779929

Costa Coffee *Café*

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01564 774 218

Skogen *Bar, Café*

2 Station Approach, Dorridge B93 8JF
01564 772283

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01564 773531

Drum & Monkey *Gastropub*

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The Dorridge Practice	01564 776262
Arden Medical Centre	01564 739194
Spire Parkway Hospital	0121 704 1451
GP Healthcare Knowle	0121 796 2777

POLICE & FIRE

Solihull Police Helpdesk	0845 113 5000
West Midlands Police	0845 113 5000 or 101
Warwickshire Fire & Rescue	01675 62 007
Bickenhill Community Fire Station	0121 380 7527
Solihull Fire Station	0121 380 7521

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TRAVEL

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National Rail Enquiries	08457 484950
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Bus Travel Line	0871 2002233
Coventry Airport	02476 301717
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WHAT'S ON LOCALLY

Bentley Heath Country Market

Date: every Friday / Time: 10am - 11.30am / Venue:

Bentley Heath Community Hall

Widney Rd, Bentley Heath, B93 9BQ

We are a farmers market & craft fair all rolled into one. We are open for business every Friday New producers always welcome! 10am-11.30am

Email bhcountrymarket@gmail.com to receive our weekly order email.

Knowle Male Voice Choir

Date: every Wednesday during school terms / Time: 7.30pm / Venue: Dorridge Methodist Church, Mill Lane, Dorridge

Ask anyone who sings with a choir or sings anywhere, and they will all agree, Singing is Good for You. Practices are followed by a refreshing trip to the local pub immediately afterwards. If you are interested in joining our choir please contact us at kmvc14@gmail.com or for more information visit www.knowlemalevoicechoir.org.uk

Friends in Retirement

Date: varies / Time: varies / Venue: Elmdon Heath Community Centre B91 2SF; Hobbs Moat Assembly Rooms B92 8JN; Knowle Village Hall

B93 0NH; Bentley Heath Community Centre B93

9BQ; Solihull Women's Institute B91 3DQ;

Whar Hall Community Centre B92 0PG

FIRS (Friends in Retirement) is a charity where groups of people enjoy a range of activities. Yearly membership is £3 and each activity costs anything from £1.20 to £5. Contact us:

www.friendsinretirement.co.uk; email

firs.solihull@yahoo.co.uk; call: 07535 669 018

Donate your old glasses

Working with our sister Lions club in Chichester, your old pairs of used glasses are collected, sorted and distributed each month to eye clinics as far as Papa New Guinea, Ghana, Nigeria and Nepal. Don't worry if your spectacles are broken as they will be recycled for their scrap metal and the funds used to support eye-related projects both in the UK and overseas. Knowle and Dorridge Lions Club are being supported by these opticians in B93: Alan Tyler Opticians - Dorridge, Bannister Eyecare - Knowle, Vision Express - Knowle. Just drop your used glasses into them and we'll do the rest! Thank you!

Knowle Renew Café

Date: every Wednesday / Time: 2pm - 4pm /

Venue: Guild House, Knowle

All welcome, no booking required. A shared wellbeing space where you can enjoy a calm cuppa; spend time with a coffee (activities available or bring your own); have a chat with others; join an optional prayer & meditation session. For more information please visit: www.kpc.org.uk

Dorridge Striders and Strollers

Date: Thursdays fortnightly / Venue: Dorridge Village Hall

We meet for a sociable local walk. New members welcome. Contact Margaret on 01564 773856.

Knowle & Dorridge Round Table

Date: every other Tuesday

Knowle and Dorridge Round Table 812 was founded in 1963. We are an organisation run by and for Tablers as a hobby. We bring smiles to the local and wider community by helping and raising as much money as we can whilst having as much fun as we can. We're not just about fund raising. We meet every other Tuesday and indulge in various activities like sports, tours and lots of 'ings' such as gliding, hiking, biking, riding, shooting, kayaking, fishing, rallying, karting, off-roading, making, climbing, bowling, cooking or just enjoying the odd pint (or two). Please email to get in touch: kandrt@gmail.com

Rapport Social Group

Rapport is a, non profit making, social group for unattached adults age 50+ on their own and would like to meet new friends. We have a varied monthly programme of hosted events, including coffee mornings, lunches and evening meals, cinema, theatre and National Trust visits, day trips, walks and pub nights. For more information contact Jenny Brown on 07725 094123

Free Digital Training for older Solihull residents

Various times and Age UK Solihull are offering free digital training for older Solihull residents who would like to improve their digital skills. Group courses and one-to-one support is available, for both beginners and those who already have basic digital skills. The training can help with online shopping, video calling, searching for information, accessing online learning, downloading and using apps, and more. For more information, contact Ashlee on 07397 718 455 or visit www.ageuk.org.uk/solihull/digital-champions

Knowle Probus Club

Date: 3rd Tuesday of the month / Venue: The

Solihull Masonic Centre, Warwick Road, Knowle

The Knowle Probus club is a luncheon Club for retired and semi-retired Professional or Businessmen living in or around Knowle. We meet for an excellent three course lunch followed by interesting and informative talks. If you would like to know more go to www.knowleprobus.org.uk or Phone Paul on 07713 94228.

Age UK Solihull Weekly Thursday Friends Lunch Club for Over 65s

Date: every Thursday / Time: 12pm - 2.30pm /

Venue: Red Lion Pub, High Street, Knowle

Run by Age UK Solihull staff and their volunteers. Come along for a hot meal, tea/coffee, social activities and great company. Cost is £8 (£6 for hot lunch and refreshments, £2 for raffle, bingo/entertainment). For more information please call 0121 704 7846 (Mon-Thurs) or

email befriending@ageuksolihull.org.uk.

Dorridge Probus Club

Date: first Thursday of the month / Time: 12 noon / Venue: Copt Heath Golf Club, Warwick Road, Knowle
We meet for a friendly chat followed by lunch and a talk focussing on members interests and requests. Probus is a friendly, social meeting point for retired and semi retired men. For more details see our website www.probusclub.net/dorridge.

Drinking cans collection

Venue: Ale rooms, Knowle
Please support Ryan's work by dropping off your empty aluminium cans in the blue bin situated right outside the Ale Rooms, Knowle High Street. Ryan from "We Can" collects aluminium drinking cans, crushes them and trades them for money to help buy food to address food poverty locally.

Ladies Circle

Date: Wednesdays / Time: 11am / Venue: Dorridge Methodist Church, Mill Lane, Dorridge B93 8NY
Ladies living locally meet for a coffee & a chat. Every fourth week there will be singing, speakers or games.

Welcome Wednesdays

Date: last Wednesday of every month / Time: 2 - 3.30pm / Venue: Eascote Park Care Home and Retirement Village, Knowle Road, Barston B92 0JA
This is a chance meet new people, enjoy a hot drink and a slice of cake, and help raise funds for Age UK Solihull. Everyone is welcome, including carers, older people, and anyone who wants to break up the week and enjoy some company. We ask for a suggested donation of £3 per person to attend, which includes a hot drink and cake. Please let us know if you are planning on coming by calling us on 0121 704 7842 (leave a message) or email-ingevents@ageuksolihull.org.uk.

Knit & Natter

Date: 3rd Monday of the month / Time: 2- 4pm / Venue: Bentley Heath Community Centre, Widney Road B93 9BN
Bring your own project. Just turn up no charge. Contact Dennise on 07899 914 228

Knowle and Dorridge Dementia Cafe

Date: every Tuesday / Time: 10.30am - 12.30pm / Venue: Dorridge Methodist Church, Mill Lane
The café aims to provide a supportive and friendly environment for individuals living with dementia and their carers. It is designed to be a warm, welcoming space where attendees from the surrounding areas, they can enjoy a variety of activities, socialise, meet people in similar circumstances and find helpful information and resources. Sessions, including refreshments, are £3 per person and will be guided by experienced care professionals and dedicated volunteers.

South Solihull u3a

Date: 2nd Monday of each month / Time: 1:45 pm for 2:00 pm start / Venue: Bentley Heath Community Centre, Widney Road B93 9BQ
We are a very friendly group of retired or

semi-retired people aiming to learn new skills and make new friends along the way. In addition to the monthly meeting when we usually have an invited speaker, we also have a wide range of over 20 activity groups meeting throughout each month. For further information please visit: www.southsolihull.u3asite.uk and contact our Membership Secretary, Richard: membershipssu3a@yahoo.com for an invitation to a 'taster meeting'. We look forward to meeting you!

An Evening of Song

Date: 6th September / Time: 7pm / Venue: Knowle Village Hall
The Knowle Village Hall Association invites you to "An Evening of Song", a lovely, tuneful event, presented by the Birmingham Male Voice Choir (formerly the Canoldir and the Icknield Male Voice Choirs). Tickets £15.00 from: 01564 779898; 01564 778163; and from the Friday Coffee Morning at the Hall 10 am until noon.

Station Road Artisan Market

Date: 13th September / Time: 11am—5pm / Venue: Station Road, Knowle
With more local traders than ever before, this is your chance to explore a brilliant selection of handmade, handcrafted delights, right in the heart of the village. Sweet and savoury street food to keep you fuelled. Perfect for families, foodies, moochers, and market lovers alike. Whether you're shopping for something special, supporting local makers, or just fancy a leisurely mooch with a coffee in hand – there's something here for you. Buy tickets: www.visitknowle.co.uk/events/

Dorridge Day

Date: 14th September / Time: 11am—4pm / Venue: Dorridge Park
This year's event comes with a medieval twist — complete with roaming knights and themed activities for all ages! As always we will have various stalls (from market stalls to local interest groups) along with fete games and the ever popular inflatables. The food vendors will be back to keep you and your little ones fed throughout the day and even have a variety of adult drinks to help the older ones to survive.

Quiz Night

Date: 26th September / Time: 7.30pm / Knowle Village Hall
Why not get a team together and come and have fun at the Knowle Village Hall Association's grand Quiz Night? A team can be of up to 6 people and tickets are £8.00 per head. Very good prizes! Please bring your own liquid refreshment and "nibbles". Tickets from 01564 778163; and from 01564 779898. This is a KVHA fundraising event.

While we do our best to ensure the accuracy of our listings, events may be postponed or cancelled without notice. Please confirm with the organiser before making any plans for attending events. For your news, events and group meetings to be featured free of charge on our What's On Page please email Ksenia: info@stonestrowpublications.co.uk

ACCESSIBILITY

OF YOUR BATHROOM



Many people face mobility challenges so installing accessibility features in the bathroom can make life easier, more convenient and help individuals remain independent.

Over 8% of UK households or 1.9 million homes have at least one person who has mobility issues. Being able to use the bathroom unaided helps us to retain our independence and maintain personal dignity. There are a range of installations that can be made to improve bathroom accessibility, some simple and inexpensive that you can do yourself or with some professional help, others that might require professional redesign of your bathroom.

Safety first

Falling is the most common injury you can sustain in your bathroom, and over a third of these injuries lead to a visit to A&E. These happen more to people who have mobility issues and can have serious health implications. But a lot of accidents can be prevented by making bathroom adaptations.

Simple ways to make your bathroom accessible

It is a fact of life, for various reasons, that many of us struggle getting on and off the toilet. Installation of handrails will make this easier as will installing an inexpensive raised seat on the toilet seat.

Handrails around the bath or shower will also make getting in and out safer as will non-slip mats. Battery operated bath lifts can sit neatly in your bath and allow safe entry and exit of the bath. A shower seat is a simple but elegant solution to safer showering if standing is a

problem and it folds away after use.

High contrast taps will help people with sight problems remain safe and having a smart shower with voice activated commands installed will help someone keep their independence. Having non-slip flooring installed with non-slip bath rugs can significantly reduce the chances of falling in a bathroom.

Professional adaptations

Many of us choose to consult a certified bathroom professional and seek their advice on how they can help us stay safe. Having a walk-in shower could make the process of taking a shower safe if you have mobility issues and they can look stylish and enhance the value of your house. Or why not consider a walk-in bath which has a door on the side which means you don't have to step over a bath side, just step in and enjoy a relaxing soak in the tub. Wet rooms are perhaps one of the biggest changes you might consider but they will also have one of the biggest impacts on the quality of your life if you have mobility issues. They look very stylish and come in a vast range of designs. Wet rooms don't have trip hazards and there are no shower doors or curtains to worry about. If you use a wheelchair or walking aids then a wet room could greatly improve your ability to use the bathroom independently and safely. A bathroom professional could also advise you on specialised toilets that have adjustable height settings offering enhanced mobility opportunities as they automatically elevate and lower as needed.

HOMES THAT MEET YOUR NEEDS TODAY, AND YOUR FAMILY'S WHEN YOU DIE

Those looking to downsize or buy a retirement property are being urged to make sure it meets their needs during their lifetime and doesn't adversely impact their family when they die.

Tracy Ashby, of leading Midlands law firm FBC Manby Bowdler, says any person considering buying these properties should read and fully consider the terms and conditions of any lease before moving home, paying particular attention to service charges and regulations around sub-letting. Many of these properties are subject to age restrictions, so can not be sold, sub-let or owned by anyone under that age, often limited to over 55 or even 70 so the resale market can be difficult.

And she adds that while as a property owner it's important to make a will, it's equally important to give your beneficiaries a heads up on the financial implications of their inheritance.

Tracy says: "Retirement home living continues to be popular, offering couples and individuals the opportunity to potentially downsize and live within a safe and secure community of like-minded people.

"Ensuring that your new property meets all of your needs during your lifetime is obviously the most important thing to consider when buying a retirement home.

"However, it's prudent to address what will happen to the property after you die and how that might affect your nearest and dearest."

Most retirement accommodation is owned and managed by a landlord, and is subject to a number of ongoing, annual fees.

As Tracy points out, those fees don't stop when you die: despite the property being unoccupied, annual service charges, rents and expenses still have to be paid. These can run into many thousands of pounds

a year and it's likely to be your family picking up the tab.

"I would urge anyone buying a retirement property to ensure that their executors are aware of the circumstances of the lease and that they have the means to pay any expenses," says Tracy.

"Bear in mind also that these types of properties can take time to sell, there is limited support offered by the inhouse marketing teams on resale, and that local councils are hitting properties that have been empty for 12 months with a 100% increase in council tax. Then when they do sell, some landlords are entitled to an additional commission payment based on the sale or disposal fee.

"As a result, many families look to offset standing charges by renting out their inherited properties while they seek a buyer: but again, check the lease – there may be clauses in it that prevent you from sub-letting or fees associated with landlord consent."

Tracy's comments are echoed by Stephen Sutton of Cottons Chartered Surveyors, who says:

"Purchasers have no idea that their capital is at risk on their demise, nor of the sad consequences of next of kin having to settle their estates."

The advice to anyone thinking about buying a retirement property is to always seek legal advice, particularly around the finer details of the property's lease, in order to ensure there are no nasty surprises for their family when they are no longer around.

Tracy Ashby is a partner in the wills, probate and lifetime planning team based at FBC Manby Bowdler's Knowle office. Tracy can be contacted on 0121 740 0983 or tracy.ashby@fbcmb.co.uk



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HOROSCOPES

AUGUST

ARIES

(MARCH 21 - APRIL 20)

Dynamic Mars, your ruler, starts the month off in industrious Virgo, moving to pleasure loving Libra on the 7th. Demanding Aries needs to take some relaxing time off, this is just perfect for the holiday season. Relationships come in to focus later this month, stay alert, there may be some disagreements that need your attention.

TAURUS

(APRIL 21 - MAY 21)

August is an important month as the radiant Sun and communicative Mercury both occupy the fiery and extrovert sign of Leo, suggesting that your creativity is strong and a generous and carefree mood is your cosmic gift. The maverick planet Uranus has just arrived in Gemini, highlighting your financial area, if you have any radical changes in mind, this is the month to get them up and running.

GEMINI

(MAY 22 - JUNE 21)

As the Sun and Mercury pass through the communication sector of your chart during August, you'll be looking at restructuring the way you think and how to expand your horizons. Maverick planet Uranus has just entered your sign, indicating that nothing will ever be the same again - Important opportunities are coming your way and some significant decisions will need to be taken.

CANCER

(JUNE 22 - JULY 22)

During August the Sun and Mercury suggest that some new money making schemes are coming to the forefront; if you use this powerful energy wisely it should leave you feeling successful and prosperous all month. The two beneficial planets Venus and Jupiter are strong in your sign, this is a cosmic gift for you to trust in your abilities and benefit from all the opportunities that come your way.

LEO

(JULY 23 - AUGUST 23)

It's your birthday month and the Sun and Mercury both light up your sign. The 9th brings a challenging full moon in your opposite sign of Aquarius, this offers the opportunity for dramatic change and some of your previous ideas may need reviewing. Love planet Venus and lucky Jupiter are both in sensitive Cancer, be sure to use your intuition when making any necessary changes.

VIRGO

(AUGUST 24 - SEPTEMBER 22)

August looks like a rather changeable month as action planet Mars moves from your sign into balanced Libra on the 7th. This suggests that it's time to take a short break and tune into your inner needs. The Virgo new moon in your sign on the 23rd starts off a whole new cycle and a new phase of action begins after the 26th as Venus arrives in creative Leo.

LIBRA

(SEPTEMBER 23 - OCTOBER 23)

Cosmic blessing are around you during August as Venus, your ruler, and mighty Jupiter light up the highest point of your chart. The radiant Sun and communicative Mercury are strong in Leo, putting the emphasis on friends and social life, just perfect for the holiday season. Dynamic Mars arrives in your sign on the 7th, your vitality should be at a peak.

SCORPIO

(OCTOBER 24 - NOVEMBER 22)

Communication planet Mercury increases the Sun's powerful and creative influence during August, suggesting that it's time to ask yourself two important questions - where do you shine, and what makes you feel really happy and fulfilled? Energy planet Mars, arriving in Libra on the 7th highlights your need to find a better work/life balance and take more time out for yourself.

SAGITTARIUS

(NOVEMBER 23 - DECEMBER 21)

August is an important month as positive planetary activity is higher than ever before. Maverick planet Uranus has just arrived in your opposite sign of Gemini, the cosmic message here is to expect the unexpected! Be sure to push yourself forward and make the most of a surge of self-confidence. The Sun and Mercury are in Leo and both indicate a new surge of creativity.

CAPRICORN

(DECEMBER 22 - JANUARY 20)

August brings your relationships and partnerships to the forefront, some important issues now need your attention. Lucky Jupiter and love planet Venus are shining brightly in this area, indicating that outcomes should be very positive. Action planet Mars changes sign on the 7th, suggesting that it's a good time to embrace new career opportunities.

AQUARIUS

(JANUARY 21 - FEBRUARY 18)

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Mercury are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 9th is both powerful and illuminating, the opportunity for change is strong this month, but it may be best to keep your options open.

PISCES

(FEBRUARY 19 - MARCH 20)

Relationships come to the forefront during August as a long term partnership demands your attention. The Sun and Mercury are both in fiery Leo, indicating that passion, joy and creativity are more important than ever. The full moon in your sign on the 9th is both powerful and illuminating, the opportunity for change is strong this month, but it may be best to keep your options open.

Christine Chalklin, Inspirational Astrologer and Life Coach.

Take a refreshing new look at the year ahead by booking an astrological reading now. Consultations are available on Skype, Zoom, WhatsApp or telephone.

Mobile: 07813 483549 | www.restyleyourlife.co.uk | christine_chalklin@hotmail.com



BACK TO SCHOOL

CHOOSING THE RIGHT SCHOOL FOR YOUR CHILD

Which school you choose for your child could be one of the biggest decisions you make for them and is influenced by so many factors. Here are some things to consider.

There are many factors that could influence the school that you decide to send your child to, primary or secondary. They include your faith, their interests, academic results and location.

Get started early and do research

Most good schools are popular. They may have waiting lists so start your search as soon as you can. Once you have decided what kind of school you want your child to go to you need to do your research beginning with getting online. There are some very useful websites, some created by parents and they offer very useful advice. The government's official education website offers excellent advice on how to begin to approach finding the right school for your child.

If you want to send your child to a faith school, then a good place to start looking for a school place is the place you worship.

Academic results

Although academic results might not be the only reason to enrol your child at a particular school, they are something parents need to consider when looking for a school. This needs to be balanced against what else is offered, for example extracurricular activities and a school's culture and values. If your child excels at a particular sport and a school will nurture this,

this can be a big deciding factor also. Ofsted is a good place to start.

State or private school

There are some excellent state schools in the UK, but these will have strict catchment areas. If you really want your child to attend a particular state school, then you might have to consider moving house. If you are interested in a private school which does not board, then there could be travel considerations. There could be extra cost, and you might want to consider if the journey would be too much for your child.

To board, or not to board

Many of the country's best private schools offer boarding. Some children might love going to boarding school, but some might find it hard. Again, if you particularly love a school and your child cannot board, you could consider moving closer to that school and letting them attend as a day pupil.

Visit schools and meet people

There is a lot to be said for visiting a school, meeting the head and teachers, and some of the pupils. Schools will be happy to put you in touch with parents of pupils who can offer help and advice.

It is advisable to have more than one school you would be happy for your child to attend as good schools are often oversubscribed, and it is a good idea to get help and advice with any application processes.



TRAVELLING THIS SEPTEMBER?

FIVE BIG HOLIDAY MISTAKES TO AVOID

Holidays are a chance to relax, unwind and transport yourself to a different place, mentally and physically.

That's why when things go wrong during this special time of the year, it can be disheartening.

However, you can steer away from stress by circumnavigating these common holiday horrors.

Travel restrictions

You may have a place in mind, but long before concerning yourself over passport, travel insurance and vaccinations, give a final check that your destination is somewhere safe.

Natural disasters, political conflicts and social unrest are just a few of the reasons a place may find itself on the no-go list. Some of these elements may change frequently given we are in fast-moving times.

You can find guidance on the Foreign, Commonwealth and Development Office (FCDO) website and it's worth checking this information often in the weeks leading up to your holiday. In the past the FCDO has issued various travel warnings, including advice against 'all travel' and 'all but essential travel' to entire countries or parts of countries, so don't get caught out.

Scams

Scam websites on the internet are nothing new, and there is nothing more devastating than paying out for a dream trip only to realise you can't even make it through Passport Control.

To check if a holiday company is legitimate, look for suspicious language, typos, ensure there is clear contact information, website reviews, and

membership in reputable trade bodies like ABTA or IATA. Verify the company's ATOL (Air Travel Organisers' Licence) if it offers flights, and avoid companies that request payment outside of secure systems.

Delays

Some delays are inevitable, but there are steps you can take to make it less likely. For example, if you're taking a short haul flight on a budget airline, it's best to get the first flight as planes will likely be going to and from mainland Europe several times in one day, so delays can accumulate. Also, download the app of the airline you're travelling with for regular updates.

Overpaying

Even if the website hollars 'hotel in demand... one room left!!' do not book anything on a whim. Companies often use this as a tactic to pressure customers into booking, but it is always worth checking your options.

Visit price comparison websites, read reviews of hotels so you can be sure it offers the standards promised and, if in doubt, book via a travel agent who will source the best deal.

Culture clashes

Some countries have different cultures to the UK. In France for example, this often means ladies will sunbathe topless on the beach, however if you try that in some Middle Eastern countries you are likely to get arrested.

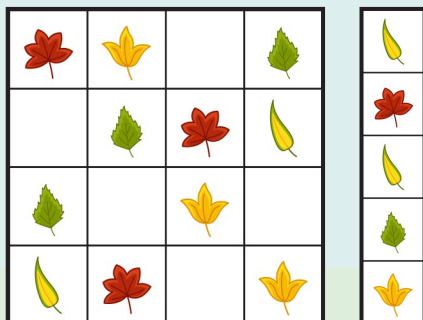
Ultimately, it comes down to respect for a location and its people, so take time to ensure a destination matches with your own values, persona and identity.



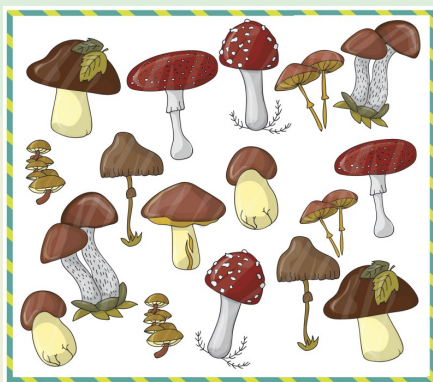
KIDS PAGE

PUZZLE GAME: CUT & GLUE

Can you complete the grid so that each row and column has four different leaves in it?



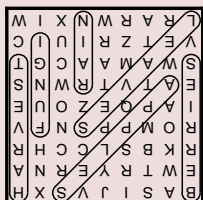
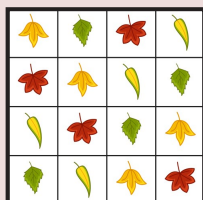
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FUN RUN

JOIN A LOCAL RUNNING CLUB



Getting fit can often feel like a chore. We've all been there - the free weights gathering dust in the corner, the guilt-inducing gym card in your wallet, and those expensive trainers that only make it as far as the local shops!

The truth is, relying on your own steam to get active usually leads to more time on the sofa, which is why joining a running club can be an excellent way to spark that motivation you've been lacking. Offering community, friendship and solidarity, you'll soon be pounding the pavements as your new pals cheer you on.

Personal goals

Before setting out to find a running club, take some time to reflect on your objectives. Are you looking to train for a particular race, improve your pace, or simply keen on enjoying the social aspect?

Your goals will influence the type of club you choose, whether it's focused on competitive training, recreational running, or a mix of both.

Seeking your sole mates

So, you've decided what you want, but how to find it? Of course, there is the online option, with platforms such as Facebook often showing local groups who are seeking new members. You can also check noticeboards in your gym, workplace or adverts in local magazines. Word-of-mouth is also a great way to find a club as you'll get a first-hand account of what to

expect and you will already have a buddy there.

Considerations

If you're just starting out on your fitness journey, there is nothing more soul destroying than being left in the dust. That means, at first, it may be smart not to choose a club that's full of would-be Usain Bolts.

So, research extensively to find the right fit.

Most clubs will have groups based on timings meaning you'll be put with other slow pokes until you've found your footing.

Then, as you pick up your pace, you'll start moving up the ranks. Also, remember to check that the run schedule is convenient for you. Can you commit to the times offered and is it close to your home or workplace? Ensuring ease will help you stick to your new fitness regime.

Finally, be aware of any hidden fees when joining a club. Free trials usually come as standard to allow you to get a feel for whether it is the right option. As there is no need to hire a space, overheads for running clubs are usually low, so query any fees which seem a little excessive.

The reality is, you may need to try out a couple of groups before you find the one that feels right... and when that happens, you'll be unstoppable.



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Dog Show

**Please join us for our fabulous Dog Show
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followed at 4.30pm for Eastcote Park's
Last Night of the Proms with Samantha Oxborough**

The dog show starts at 3pm with seven fun categories;

- ❖ Best Senior Citizen (Oldest Dog)
- ❖ Waggiest Tail
- ❖ Best Trick Performance (simple or silly tricks welcome)
- ❖ Sit & Stay Champion
- ❖ Most Handsome Hound (for the dashing boys)
- ❖ Prettiest Princess Pup (for the glamorous girls)
- ❖ Friendly Agility Course

Entry into each category is just £2,
with prizes for all winners. All proceeds
will be going to Solihull Guide Dogs.

We're delighted to welcome Samantha Oxborough –
a celebrated singer who has performed for royalty
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Refreshments and tours of our exquisite
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**For more information about the day please call our team on 0121 7567 158
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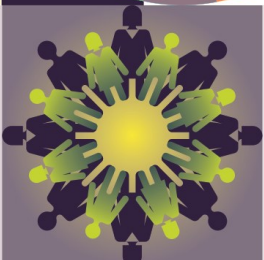
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